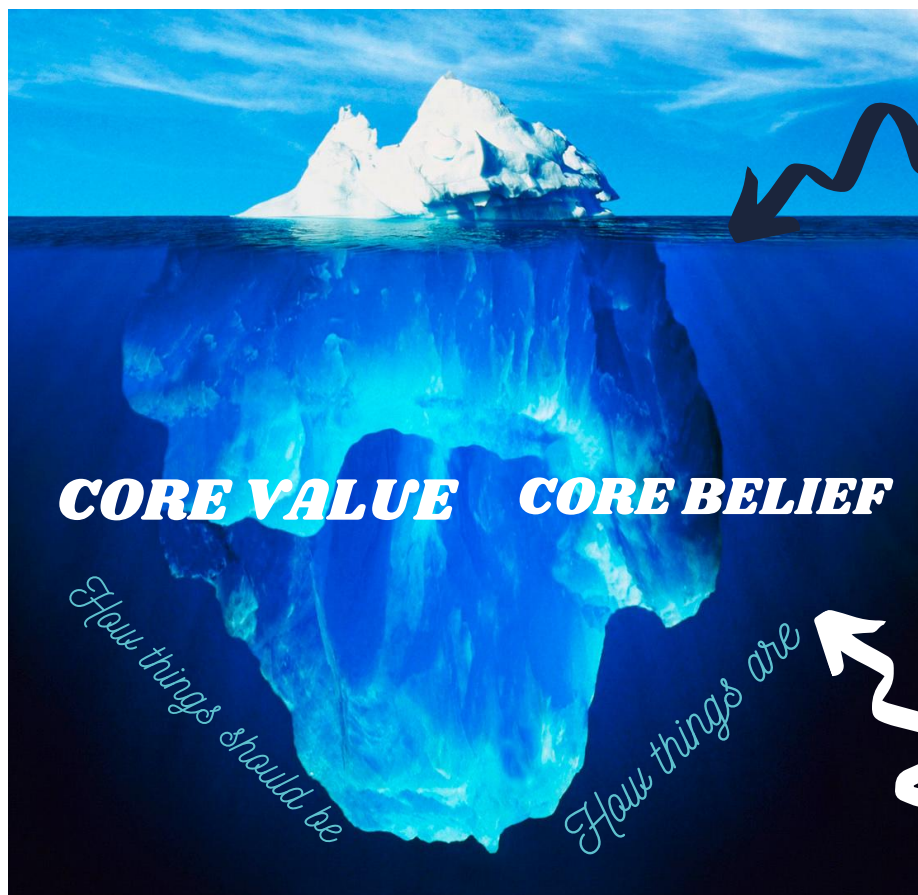




THE RESILIENCE READER

CHAPTER 7: DETECTING ICEBERGS

Competency: Self-Awareness



HEAT OF THE
MOMENT THOUGHT

Aware



ICEBERG

Unaware

EXAMPLES OF ICEBERGS

Everyone should be treated
equal

I am smart

I am ugly

People can't be trusted.

You should be grateful for
what you have

WHAT IS AN ICEBERG?

Just like with an iceberg found in nature, an iceberg in MRT is where you have a small thought on the surface, but under the surface there is a lot to be uncovered.

You can tell when you "hit" an Iceberg when you have a consequence (an emotion or a reaction) that **doesn't make sense** based on your heat of the moment thought. (Reference ATC)

What are some of your
core values or beliefs?

Write them here

PUT IT IN ACTION

DETECTING ICEBERGS

DO WE NEED TO DETECT AN ICEBERG? (CIRCLE Y OR N)

ACTIVATING EVENT

1. Get a bad grade on a test
2. Someone cuts you off while driving
3. Sister stains your favorite shirt
4. Get news that your Dad/Mom are deploying

HOTM THOUGHTS

1. Oh man! Mom is going to kill me!!
2. Well Darn.
3. I can't believe her!!
4. We have done this before.

CONSEQUENCES

E: Happiness
R: Jump for joy

Y N

E: Annoyance
R: Eye twitches, keep driving

Y N

E: Extreme Sadness
R: Withdrawal for the evening

Y N

E: Apathetic
R: Continue to facetime friend.

Y N

If you circled "Y" on 1 and 3 the you were right!! Why do you think the consequences don't match the HOTM thought?

What is an example of a core value or belief that would cause the consequences for 1?

What is an example of a core value or belief that would cause the consequences for 3?

Talk about a time that you had a consequences that didn't match a HOTM thought.

RESILIENCE REFLECTION

DETECTING YOUR OWN ICEBERGS

DO YOU NEED TO DETECT AN ICEBERG? (CIRCLE Y OR N)

ACTIVATING EVENT

HOTM THOUGHTS

CONSEQUENCES



Y N
Y N
Y N
Y N

If you circled "Y" on any of the above then ask yourself...

What was so bad about the event?

What's the worst part of that?

What bothers me most about that?

What does that mean to me?

Did you know?
Asking "what" questions
leads to curiosity, asking
"why" questions leads to
defensiveness.

What to do now?

Ask yourself if the Iceberg is helping or harming you, and what you need to change (if anything)